

## ABSTRACT

An arm circulation system stretching, recuperative chest enlargement and respiration assistance apparatus consisting of a swinging appendage disposed at each of the two sides capable of synchronously ascending and descending at a slow  
5 rate. The speed of the swing is controlled by the user in a supine position whose arms are spread out on the swinging appendages and holding a remote controller in the palm to control the forward/reverse rotation of the speed reduction motor driving the swinging appendages as well as the upward and downward position of a sleeve on the drive motor screw rod. As such, control is enabled over the ascending  
10 and descending angle and speed of the two swinging appendages movably linked to the two sides of the sleeve according to user requirements via remote control which, furthermore, supports the adjustment of the swinging appendages to the desired angle of horizontal posturing, thereby effectively stretching the circulatory system of the arms, while also providing for chest enlargement and respiratory exercises.